



KLE Society's
S. NIJALINGAPPA COLLEGE

II-Block, Rajajinagar, Bengaluru-10
Re-accredited by NAAC at A⁺ grade with 3.53 CGPA
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Date: 30-08-2019

DEPARTMENT OF ZOOLOGY

EXTENSION ACTIVITY

DATE: 30-08-2019

VENUE: GOVERNMENT HIGHER PRIMARY SCHOOL,
II BLOCK, RAJAJINAGAR, BENGALURU- 560 010.

OBJECTIVES:

- ✓ To commemorate the National nutrition week.
- ✓ To develop a lively interest for science.
- ✓ To spread awareness and importance of nutritive value of food
- ✓ To inculcate a good food habits in the present generation.

BENEFICIARIES: 95 Government School Students.

REPORT: The department of zoology organized "Nutrition day" in view of National nutrition week which is from 1 to 7th September. Students prepared for the skit to educate the students about the importance of nutritional food.

Schools students were examined and the Weight and Height of the students were recorded. Blood typing was made to record the blood group of the children. Results were analyzed to find the average number of malnutrition children in the sampled population. And the precautionary steps were informed to take care of better health.

In India, the first week of September every year is celebrated as National Nutrition Week to raise awareness among the general public about the value of healthy eating practices and proper nutrition for upholding a healthy lifestyle.

National Nutrition Week is commemorated to educate people about healthy and nutritious food. The Food and Nutrition Board of the Government of India's Ministry of Women and Child Development organises an annual week-long celebration of National Nutrition Week to inform people about this basic phenomenon. The importance and role of a healthy diet in the human body are emphasised. A balanced diet full of essential nutrients is essential for healthy development and function. The Indian government has started programmes that emphasize good nutrition, wholesome food, and a healthy lifestyle.

Twardi

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